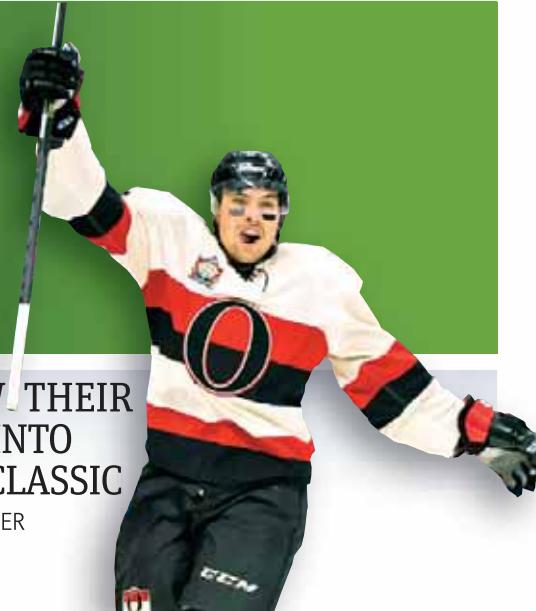


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ukraine 'on the brink of disaster'

Outrage over Russia's tactics mount in world capitals **PAGE 7**

Shots! Shots! Shots!

Of soup, soup, soup! There ain't no party like a culinary party **PAGE 23**

SENS CLAW THEIR WAY BACK INTO HERITAGE CLASSIC

CANUCKS SQUANDER TWO-GOAL LEAD IN VANCOUVER **PAGE 24**



ALL RIGHT, ALL RIGHT ...

Matthew McConaughey accepts the award for best actor in a leading role for "Dallas Buyers Club" during the Oscars at the Dolby Theatre on Sunday in Los Angeles. Coverage, pages 13-14. KEVIN WINTER/GETTY IMAGES

Edmonton hit with blast of arctic air

Deep freeze. Cold temperatures break water mains across city



RYAN TUMILTY

ryan.tumilty@metronews.ca

Edmontonians were hit with a deep freeze Sunday as cold temperatures led to wind chill warnings and broke water mains across the city.

The mercury plunged as low as -29C Sunday morning, prompting the wind chill warning, because exposed skin could experience frostbite within minutes.

Environment Canada issued the warning late Saturday and lifted the warning early Sunday morning as temperatures started to rise.

Tim LeRiche, with EPCOR,

said they experienced nine water-main breaks on Sunday, likely because of the low temperatures.

"When we get a sudden plunge in temperature or a sudden rise in temperature, either way, we can see a spate of them all at once," he said.

LeRiche stressed that the number of water-main breaks has been going down as the company has continued to replace older infrastructure.

"EPCOR has been very prudently and very responsibly replacing the cast-iron mains that were installed after the war," he said.

LeRiche said they hoped to repair the broken pipes as quickly as possible, but asked for patience as crews worked through the difficult conditions.

"We sent our first guys

at about 3 a.m. We have six crews working, every crew that is available," he said. "We will do everything we can to get the water restored as soon as safely possible."

Alberta's power supply was handling the deep freeze comfortably Sunday. Despite the high demand, the province's power providers were all up and running.

"Right now we have pretty much a full fleet of generators available to us, so luckily there are no concerns right now," said Dawn Delaney, a spokesperson for the Alberta Electric System Operator.

Delaney said they don't see any problems coming forward especially as temperatures are expected to warm up.

"We're forecasting that we'll continue to be in good shape," she said.

TAX TIPS



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All set for debt. Alta. legislature gets back to business

Alberta politicians return to work Monday at the legislature to resume what is becoming an annual political-existent debate over the definition of debt.

If last year's budget and last week's third-quarter budget update are any indication, the only constant will be confusion on how to get to the bottom of the bottom line on how much Alberta owes.

In last Wednesday's third-quarter update for the current budget year, Finance Minister Doug Horner announced the operational side was a \$1.4 billion surplus, while the capital side was \$8.5 billion in the hole.

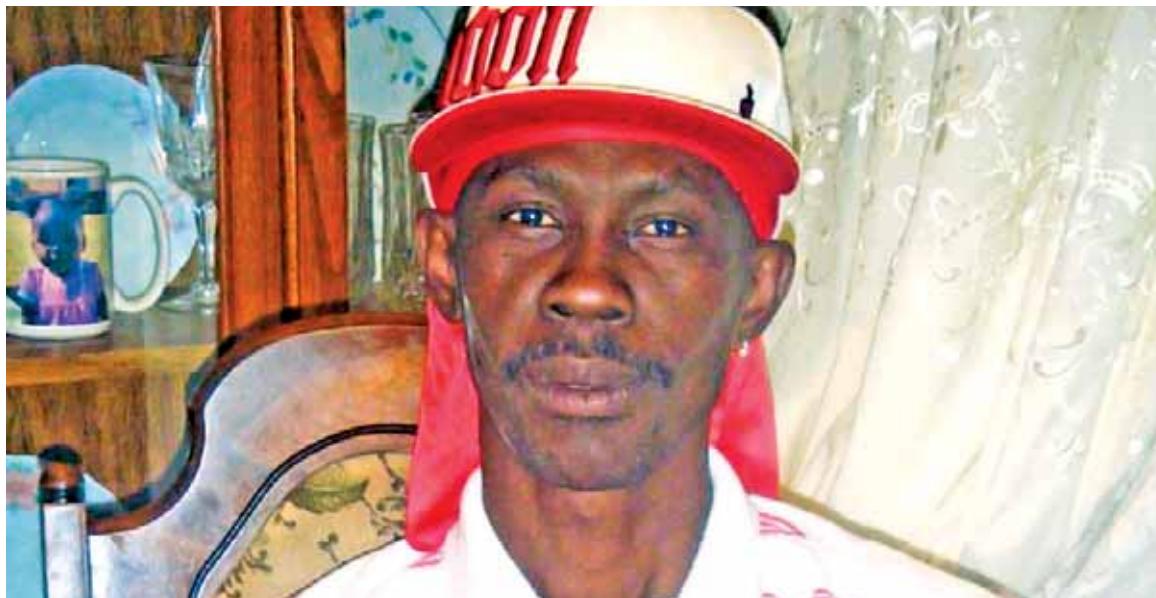
But he noted there will be \$4.6 billion in a rainy-day savings account and \$17.3 billion in the long-term Heritage Savings Trust Fund.

"Alberta is in a good financial position right now," said Horner.

The government pegged the consolidated debt number for this year at \$335 million in the red, while opposition critics and the watchdog Canadian Taxpayers Federation pegged it at \$3.5 billion.

Further clouding the issue is the government's insistence that the debt is not true debt, but rather an investment, like a mortgage.

"As a typical Albertan, I pay for my groceries and I don't borrow to do that. I have a mortgage on my house and that's what we've got on infrastructure," Alison Redford told reporters last Thursday. **THE CANADIAN PRESS**



Fitzroy Harris, who was one of two victims in Friday's warehouse stabbing incident, had a passion for reggae music, according to his family. COURTESY OF PATRICIA HARRIS

Warehouse stabbing victims remembered

Families 'devastated'

Friends, family mourn the loss of their loved ones as the accused is scheduled to appear in court on Monday



STEPHANIE DUBOIS

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"Music was his life, and reggae music was his soul."

That's how Patricia Harris, daughter of Friday's warehouse stabbing victim Thiero Bah, said the 41-year-old was a "very calm" individual.

Harris was one of two

victims who were fatally stabbed at a west Edmonton Loblaws warehouse Friday, when police believe a fellow warehouse employee entered a large food storing and shipping facility and stabbed six other men around 2 p.m. Police confirmed that two workers died and four were injured in the "rampage."

"Our family, in addition to the primary six family members involved ... will never be the same," said the daughter.

Mariama Bah, friend of Friday's second victim Thiero Bah, said the 41-year-old was a "very calm" individual.

Bah, a francophone who was part of a local Guinea association, was not someone

who caused trouble, said his friend Saturday morning.

"He was a serious guy who didn't cause any problems, very calm," said Mariama in a translated French interview.

Police say Bah died while being transported in the ambulance.

"As to be expected, their families are devastated that their loved ones could go to work and then never come home," said EPS Staff Sgt. Bill Clark.

Four other men were taken from the warehouse with varying degrees of injuries, including one man who was "in very serious condition," according to Clark. The man has since been stabilized and is expected to survive,

Court date

Edmonton Police charged 29-year-old Jayme Pasieka with two counts of first-degree murder, one charge of attempted murder, one charge of aggravated assault and two counts of possession of an offensive weapon Saturday afternoon.

- Pasieka will make his first court appearance on this morning.

while two of the other men were treated and released from hospital yesterday. Another remains in hospital, according to police.

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City doesn't see downtown arena as traffic headache

Busy street. 104th Avenue currently busiest roadway in downtown

 **RYAN TUMILTY**
ryan.tumilty@metronews.ca

When the downtown arena opens for business, the city is confident the only tie-ups will be in the neutral zone on the ice and not in traffic on nearby streets.

Currently, 104th Avenue, where the arena will be located, is one of the busiest streets in the downtown with approximately 30,000 vehicles using the stretch every day, compared to around 20,000 along Jasper Avenue.

In addition to the arena, the Royal Alberta Museum will open on that site as well as — potentially — a new downtown arts centre.

Darryl Mullen, the city's

acting director of sustainable transportation, said they don't anticipate either the arena or the museum to create major traffic problems, because events will happen after rush hour.

"The majority of the traffic generated for an arena event will occur after this peak-hour period, resulting in an increase in spare capacity in the network," he said.

He added when the construction is completed, 104th Avenue will be the same road it is today, just with more attractions nearby.

"In the downtown core, it's still going to be a six-lane roadway and we are anticipating no significant spikes in demand," he said.

The winter garden, which will extend over top of 104th Avenue, should also help prevent congestion in the area when it opens, Mullen said.

"We anticipate that for an event, 65 to 75 per cent of the patrons going into the

Construction closures

One lane on 104th Avenue will close today for the arena project and for the duration of construction. The arena is set to open in September 2016.

facility will go through the winter garden," he said.

Coun. Scott McKeen said he is concerned about the congestion impact during construction and hopes the city will communicate potential issues.

"You want downtown to still be an attractive destination so you have to let people know where the issues are going to be ahead of time," he said.

Once the facility opens, McKeen agrees the building shouldn't create too many problems, because there are lots of other ways to get to the rink.

"We are running LRT right to the building," he said.



The city is confident that 104th Avenue, where the arena will be built, won't see major traffic problems when the building opens, because events will be after the evening rush. RYAN TUMILTY/METRO

Local shop encouraging people to carve their pipe



"The Green Man" pipe. COURTESY OF BURLINGTON ON WHYTE TOBACCONISTS

Tobacconist shop owners on Whyte Avenue want Edmontonians to pipe up for a national contest.

As part of the first ever national Brigham pipe-carving contest, Burlington on Whyte Tobacconist is selling blocks of wood so that people can carve their creations into ornate pipes. The top two creative and

well-designed smoking devices will be sent off to represent Edmonton in the national event.

"The event brings more awareness and it gets people talking about pipes in a more creative way than they're often perceived," said Cody Porter, assistant manager of the local store.

Sailboats, Batman and

Quoted

"(The contest) gets people talking about pipes in a more creative way than they're often perceived."

Cody Porter, assistant manager, Burlington on Whyte Tobacconist

carved heads have all made it into pipe creations in the past, proving that more complicated designs could be carved.

This is the fourth year the store has done a carving contest but the first time they entered into a national event.

The deadline to submit a unique pipe is April 5.

STEPHANIE DUBOIS/METRO

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Redford. Oscar for political performance goes to ...

While Oscars were handed out in Los Angeles Sunday evening, Alberta's labour unions were handing out an award of a different kind to Premier Alison Redford.

Hundreds of union members and their supporters crowded into Churchill Square for a ceremony giving Redford an award for best performance of political leadership.

Alberta Federation of Labour president Gil McGowan said the protest and ceremony was the result of the government-proposed changes to public-sector pensions. "This is the result of them making an unjustified attack on public-sector pension plans, which these people pay for," he said. "There is no justification for this kind of attack."

Redford's win was unsurprising as she was the only person nominated, with union leaders suggesting her perform-



United Nurses of Alberta president Heather Smith and Alberta Federation of Labour president Gil McGowan RYAN TUMILTY/METRO

ance on health, education and retirement security were all worthy of the dubious honour.

AUPE president Guy Smith accepted Redford's award on her behalf and urged people to remember what she had promised. "I am accepting this award on behalf of all those people who voted for Alison Redford," he said. "We are here to shine a spotlight on all of her broken promises."

RYAN TUMILTY/METRO

Suspect sought

Armed robbery

Sylvan Lake RCMP are looking for help finding a suspect in an armed robbery that occurred Friday night.

Officers were called out shortly after 10 p.m. to the Bayshore market at the Chateau Suites. The lone suspect had entered the store brandishing a handgun.

The suspect is between 16 and 21, was clean-shaven and approximately five-foot-eight and 160 pounds.

METRO

Women's World Cup

Games announced

Edmonton will play host to some of the most competitive games of the U-20 Women's World Cup this summer.

The first games will be on Aug. 5 and will feature the U.S. versus Germany and Brazil versus China. On Aug. 8, Germany and China will play, as will the U.S. and Brazil, and on Aug. 13 England and Nigeria will face off and so will France and Paraguay.

RYAN TUMILTY
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Overflow lots.

Downtown, institutions spilling into residential areas

 RYAN TUMILTY
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The city will be investigating several core neighbourhoods as residents say it's becoming increasingly difficult to find a

place to park.

Randy Shuttleworth, president of the Queen Mary Park community league, said his community sees spillover from downtown, MacEwan University and even on the north edge of the community from the RCMP's K Division headquarters.

"They don't have enough parking either, and so their employees spill out over into our streets," he said.

Shuttleworth said with the streets crowded it makes it dif-

ficult to arrange deliveries and just get around.

Coun. Scott McKeen asked the city for a report on the issue, as well as options to make it easier for residents. He said he hears the complaint from people in Oliver and McDougall as well as Queen Mary Park.

"What I'm hearing is that those communities are being used for people who work or are visiting downtown," he said. "There are a lot of people being drawn to those areas."

McKeen said he hopes the city will look at two-hour parking or other restrictions to make sure residents have a place to park.

Shuttleworth said looking at short-term fixes is a good idea, but he hopes the city also looks at the bigger issues, because the downtown is only going to continue to draw people in.

"If we don't have a good parking plan in place now, I think we're going to have a lot more parking problems down the road," he said.



Cars are bunched close together in the street parking along 111 Street in Oliver. Communities around downtown are concerned they have become free parking

City looking at parking problems in core zones

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West urges Russia to stand down

Divided loyalties.

While western Ukraine wants closer ties with the EU, its eastern and southern regions look to Russia for support

Warning that it was "on the brink of disaster," Ukraine put its military on high alert Sunday and appealed for international help to avoid what it feared was the possibility of an invasion by Russia.

Outrage over Russia's tactics mounted in world capitals, with U.S. Secretary of State John Kerry calling on President Vladimir Putin to pull back from "an incredible act of aggression."

Fearing that Europe's borders were being rewritten by force, world leaders rushed to find a diplomatic solution to the dispute. But there was no denying what had already happened on the ground: Russia captured the Black Sea peninsula on Saturday without firing a shot.



Unidentified armed men patrol around a Ukraine infantry base in Perevalne, Sunday. Hundreds of armed men in trucks and armoured vehicles surrounded the Ukrainian military base, blocking its soldiers from leaving. The outnumbered Ukrainians placed a tank at the base's gate, leaving the two sides in a tense standoff. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Ukrainian Prime Minister Arseniy Yatsenyuk said there was no reason for Russia to invade Ukraine and warned that "we are on the brink of disaster."

"We believe that our western partners and the entire global community will sup-

port the territorial integrity and unity of Ukraine," he said Sunday in Kyiv.

NATO held an emergency meeting in Brussels, Britain's foreign minister flew to Kyiv to support its new government and the U.S., France and Britain debated

the possibility of boycotting the next Group of Eight economic summit, being held in June at Sochi, the host of Russia's successful Winter Olympics.

On Sunday evening, the White House issued a joint statement on behalf of the

Group of Seven saying they are suspending participation in the planning for the upcoming summit because Russia's advances in the Ukraine violate the "principles and values" on which the G7 and G8 operate.

THE ASSOCIATED PRESS

Soviet-style intervention

Baird rules out military response

Foreign Affairs Minister John Baird is ruling out western military intervention to force Russia to pull its troops out of Ukraine. But he's not ruling out further sanctions, including expelling Russia's ambassador to Canada.

"What we are doing is working together to say in no uncertain terms that this is completely unacceptable and to condemn (it) in the strongest language possible."

On Saturday, Prime Minister Stephen Harper said Canada will boycott preparatory meetings for the G8 summit, which is supposed to be held in June in Sochi.

THE CANADIAN PRESS

South Africa. 24-hour TV channel showing Oscar Pistorius trial goes on air

A cable TV channel devoted to the Oscar Pistorius murder trial went on air in South Africa on Sunday night showing footage of the blonde model the world-famous athlete shot dead at his home a year ago. The video includes footage of her playing with dolphins.

The 24-hour channel began broadcasting just over 12 hours before Pistorius was expected in court for the start of his trial.

Dedicated completely to the trial, some of its early programming focused on the life of girlfriend Reeva Steenkamp, the model and reality TV star Pistorius killed on Valentine's Day last year when he fired shots through a toilet door at his house. In one video taken by security camera, a smiling Steenkamp is seen arriving at the gated community where Pistorius lived just hours before she was killed. There was also video of her swimming with dolphins while shooting a reality TV show for South African television. At one point, two dolphins tap their snouts on her cheeks.

TV

The channel, called The Oscar Pistorius Trial — A Carte Blanche channel, is on South Africa's most popular cable TV network, which is one of the three broadcasters that asked the judge to allow live coverage of the trial.

- Three remote-controlled cameras have been installed in the courtroom.
- The trial judge has the option of stopping the live coverage if it becomes intrusive.

As Pistorius's trial starts on Monday, live television pictures and a live audio feed will be broadcast from the courtroom at North Gauteng High Court in the South African capital, Pretoria, after permission was granted by a judge. Pistorius's lawyers opposed the applications to broadcast the trial on television and radio.

THE ASSOCIATED PRESS

Syria

Journalist released

A Spanish journalist kidnapped by militants from a breakaway al-Qaida group in Syria crossed the border into Turkey on Sunday, his newspaper reported. The news came as the reporter's captors, fighters from the Islamic State of Iraq and the Levant group, fled areas near the Turkish border, leaving behind at least two mass graves.

THE ASSOCIATED PRESS

Egypt

PM urges end to strikes, protests

Egypt's new prime minister on Sunday urged a halt to protests and strikes to give the nation a breather to rebuild after more than three years of deadly turmoil, a call made by his predecessors to no avail. Ibrahim Mehlib made his appeal in an address televised live on his first full day on the job after he and members of his cabinet were sworn in on the previous day by interim president Adly Mansour.

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Ottawa student says she is a 'rape culture' victim

Apology not enough.

Woman facing legal threats after speaking out against graphic Facebook conversation

A University of Ottawa student union leader says an online conversation among five students in which she was the target of sexually graphic banter shows that "rape culture" is prevalent on Canadian campuses.

Anne-Marie Roy, 24, is going public despite threats of legal action by four of the male students. Roy — who received a copy of the conversation via an anonymous email — said she felt compelled to speak out, especially since the five were in positions of leadership on campus.

"They should be held accountable for those actions," said Roy, who heads the Student Federation of the University of Ottawa.

The conversation — a copy



Anne-Marie Roy, seen here in a 2013 rally in Ottawa. Roy is speaking out about an online conversation among five fellow students in which she was the target of sexually graphic banter. BEW POWLESS/THE CANADIAN PRESS

of which was obtained by The Canadian Press — included references to sexual activities some of the five individuals wrote they would like to engage in with Roy, as well as suggestions that she suffered from sexually transmitted diseases.

Roy said she received an emailed apology from the men, which emphasized that their comments were never actual threats against her, but she felt the apology wasn't enough. She

planned to distribute copies of the conversation to the board of administration, which oversees the affairs of the student union, while asking the board to move a motion to "condemn" those involved.

After learning of Roy's plan, four of the five individuals sent her a letter warning her that the conversation was private and that sharing it with others would amount to a violation of their rights. THE CANADIAN PRESS

How many Jack the Rippers hide in the London (Ont.) fog?

London, Ont., is the serial killer capital of the world, a Western University expert claims in a shocking upcoming book.

Criminology professor Mike Arntfield says past London murders point towards unknown serial killers. Between 1960 and 1985, London had 32 homicide victims, all of them women and children, in cases that indicate serial killers could be involved.

Of those 32, 13 are attributed to three confirmed multiple murderers: Russell Johnson, the Balcony Killer; Gerald Archer, who was called the Chambermaid Slayer; and Christian McGee, known as the Mad Slasher.

But Arntfield says among the remaining 19, there are links. "We've identified a number that suggest the co-existence of two, and possibly three, others (serial killers) at that time," he said.

At a time when London had 200,000 to 250,000 people, having five or six serial killers was a high rate — "extraordinarily high," said Arntfield.

In fact, he says it's the high-



Criminologist Mike Arntfield. MIKE DONACHIE/METRO IN LONDON, ONT.

est rate of any city, based on the statistics available worldwide.

But why London? Arntfield says it's complicated, but factors include population demographics and London's distances from other cities. Being

near the highway is a factor, too.

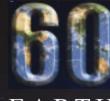
The full story will be revealed when Arntfield's book is published in the coming months.

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Karl Hutchings, a member of a team of researchers on a dig in Ethiopia, holds a spear point in a recent photo. KAMLOOPS THIS WEEK/THE CANADIAN PRESS

B.C. researcher part of African dig that may defy evolution timeline

Ethiopia. Researchers speculate discoveries could show when humans began using their brains to develop basic skills

In the 4.5-billion history of Earth, 80,000 years is the blink of an eye.

But in terms of human evolution, it has the potential to be a drastic shift. A team of archaeologists and anthropologists believe that length of time may be just how much earlier than previously thought our ancestors began using their brains to develop basic skills. It has been commonly believed that around 200,000 years ago, human ancestors began to become cognitively "modern."

"That is, when did we begin to think in ways that are common for humans today and distinct from non-modern humans?" said Karl Hutchings, an assistant professor in sociology and anthropology at Thompson Rivers University in Kamloops, B.C., and a member of a team of researchers on a recent dig in Ethiopia.

Some members of the re-

Archeological analysis

Karl Hutchings said he was invited because he is the only person who does the type of archeological analysis necessary — using sound waves and measurements to break stones and, from that, determine how they were made and why they were used.

- He studied more than 200 javelin-shaped, mostly obsidian projectiles found at the site along a large collapsed volcano crater in the country's Rift Valley.

search team speculate discoveries at the site, known as the Gademotto Formation, could move the timetable for brain development to about 280,000 years ago.

Hutchings, however, is doubtful, because the new data would indicate a different date for the emergence of Homo sapiens — a group that includes humans and their ancestors — and because there have been no sites found with similar tools that were used in that time period.

THE CANADIAN PRESS

Sean Connery urges Scots to vote for independence

Film star Sean Connery is urging fellow Scots to vote for independence when a referendum is held in September.

The longtime independence advocate says in The Sun on Sunday newspaper that the opportunity to separate from the rest of Britain is too good an opportunity to miss.

He says independence would galvanize the film and creative industries, creating new jobs in Scotland.

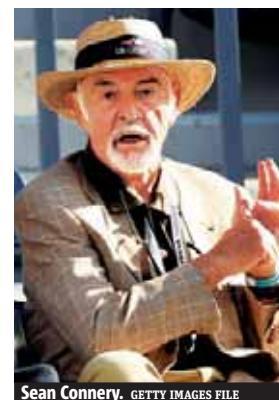
Connery no longer lives there and said the decision should be made by the people who choose to live and work in Scotland.

He said a vote for in-

dependence would bring renewed focus on Scottish culture, heritage and creative excellence.

His view is not shared by rock star David Bowie, who has urged Scottish voters to remain part of the United Kingdom.

THE ASSOCIATED PRESS



Sean Connery. GETTY IMAGES FILE



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Chinese officials blame separatists for slashing spree

Uighurs accused.

Twenty-nine people killed, four assailants shot dead by police

Authorities on Sunday blamed a slashing rampage that killed 29 people and wounded 143 at a train station in southern China on separatists from the country's far west.

Police fatally shot four of the assailants — putting the overall death toll at 33 — and captured another after the attack late Saturday in Kunming, the capital of Yunnan province, the official Xinhua News Agency said. But authorities were searching for at least five more of the black-clad attackers.

Witnesses described assail-



Prayers at the massacre's site, a train station in Kunming, China, Sunday.

ALEXANDER F. YUAN/THE ASSOCIATED PRESS

ants dressed in black storming the train station late Saturday evening and slashing people indiscriminately with

large knives and machetes.

State broadcaster CCTV said two of the assailants were women, including one of the slain and the one detained.

China's top police official, Politburo member Meng Jianzhu, arrived in Kunming early Sunday, an indication of how seriously authorities viewed the attack.

Most attacks blamed on Uighur separatists take place in the western province of Xinjiang, but Saturday's assault happened more than 1,500 kilometres to the south-east in Yunnan, which has not had a history of such unrest.

Kunming residents expressed dismay at both the attack and the conditions within China that could have allowed it to happen.

THE ASSOCIATED PRESS



Ultra-Orthodox protest military service

Hundreds of thousands of ultra-Orthodox Jews paralyzed Jerusalem Sunday to rally against plans to force them to serve in the Israeli military, which is mandatory for secular Jews. ODED BALILTY/THE ASSOCIATED PRESS

Canada's Cindy Klassen

Olympian helps open women's gym in Palestine

Canadian speedskater Cindy Klassen, a six-time Olympic medallist, has helped open a \$1.3 million indoor gym for Palestinian women in the

biblical town of Bethlehem.

Women's participation in sports is relatively unusual in Palestinian society.

The 1,300-square-metre sports centre opened Sunday, with funding from Canadian Lutheran World Relief and Calgary's Mt. Calvary Lutheran Church.

THE ASSOCIATED PRESS

N.Y.C. court

Bin Laden's son-in-law on trial

Osama bin Laden's son-in-law goes to trial Monday on charges he conspired to kill Americans in his role as al-Qaida's mouthpiece after the Sept. 11, 2001 terrorist attacks. THE ASSOCIATED PRESS



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Corruption scandal hits Turkey

Cars wait for the green light on a main road covered with fake banknotes after members of the main opposition Republican People's Party threw fake euro bills into the air during an anti-government protest denouncing a corruption scandal that has shaken Prime Minister Recep Tayyip Erdogan's government, in Ankara, Turkey, on Saturday. Protesters shouted "there's a thief!" as they distributed an amount of 30 million fake bills, a day after five remaining suspects jailed in a vast corruption investigation that has shaken Erdogan's government (including two former ministers' sons and a businessman suspected of bribery and illicit money transfers to Iran) were released on parole pending trial. THE ASSOCIATED PRESS

Four rules to RRSP game

No need to panic...
but you only have until midnight tonight to make your contribution



HOW TO ROLL
Alison Griffiths
metronews.ca

It's today! The RRSP contribution deadline for the 2013 tax year ends at midnight. And here you are, among the more than 75 per cent of eligible Canadians who haven't made an RRSP contribution.

Are you going to let another year pass without capitalizing on just about the only tax deduction for working folk? Or are you going to tip toe over to that line of credit or take advantage of your friendly bank/broker/financial adviser who can get you some cash by day's end?

Before you sign on the dotted line, here are four RRSP loan rules.

Doing the math

A \$10,000 RRSP loan at 3.25 per cent, that generates a \$4,000 refund, will cost about \$110 in interest if the refund goes to the loan and the rest is paid off in one year. Assuming a four per cent rate of return, the \$10,000 will have grown to nearly \$22,000 in 20 years.

1. Have a taxable income

There is no point in borrowing to contribute if it provides no tax advantage to offset the loan costs. Contribute by all means, if it makes sense for retirement planning and to carry the deduction forward to higher earning years. But don't saddle yourself with debt to do so.

2. Pay it back in one year

Don't let the fact that the money is going into your RRSP confuse things. It's a debt and must be paid off. With just hours to go, con-

sider this, if you weren't able to save enough during the year for regular contributions, how are you going to pay off the loan over the next year?

If you can't get rid of the debt within the next 12 months, think hard about how you will avoid being pulled into a cycle of debt-contribution-debt for future years.

3. Direct the tax refund at the loan

Come tax refund time there are always demands on those dollars but they should go to pay off the RRSP loan. Without fail every time I've seen the borrow-to-contribute strategy go off the rails it starts with the failure to use the refund to pay down the loan.

4. Work on a savings plan

Let's face it. Failure to contribute to an RRSP means something is wrong with your financial plan. It's time to butt heads with your budget and figure out why your retirement saving is not on track.

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CEO insists

Apple has 'a ton of stuff going on'

Apple CEO Tim Cook is still trying to convince shareholders they remain ahead in the race to innovate, even while its stock lags behind rivals. THE ASSOCIATED PRESS

24 in 2013

Five U.S. banks have failed in 2014

Regulators have closed small lenders in Virginia and Pennsylvania, bringing U.S. bank failures this year to five after 24 closures in 2013. THE ASSOCIATED PRESS

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BASIC INFO TOUGH TO FIND

Well I have inadvertently led you astray. Last week I indicated my bank would no longer be paying my taxes for me because the city was charging them a fee to do so. That is true, but not quite in the way it was represented to me. What I inferred from my conversation with my mortgage advisor was that this was something new. That is not the case. Here is what the city had to say on the matter:

"The City of Edmonton charges all lending institutions that wish to pay their mortgagees' property tax account a fee which covers the administrative costs associated with the processing of payments on behalf of mortgagees. The fee pays for the processing of a single payment to multiple tax accounts, maintaining mortgage interest information on each account, and providing to the banks the annual tax billing information for their respective accounts. (Bylaw 16474 "A Bylaw Fixing the Fees for Assessment and Tax Services of the City of Edmonton, Amendment



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

#4").

"A mortgage company pays the City once a year with one cheque that includes a property tax payment for ALL accounts that this company holds (it is between ten accounts minimum to 14,751).

"The City then takes that cheque and applies the payment to each account. To absorb this administration of the accounts, the City follows a common practice in many municipalities across Alberta and established this fee. The fees are charged once a year in August after we have processed all payments.

"The 2014 rates are \$11.00/account for hard copy information and \$7.50/account for electronic information."

So there you have it.

Apparently this bylaw has been in place for several years. It would appear that the new owners of my current bank have decided they do not want to pay the city's fee. So they would seem

Tax time

It would appear that the new owners of my current bank have decided they do not want to pay the city's fee. So they would seem to be the true villains in this case. They like charging fees. They just don't like paying them.

to be the true villains in this case. They like charging fees. They just don't like paying them.

However, had I been able to talk to someone in the tax department immediately, I would have written something different.

In addition, if the city's website wasn't such a dog's breakfast of useless information and PDFs, I might have been able to find out about bylaw 16474 all by myself. The city's website is in serious need of an overhaul if it is going to be useful to someone looking for information about how the city is run.

ZOOM

Nothing funny about Polar Plunge



TASOS KATOPODIS/GETTY IMAGES

Tonight Show host takes a jump in lake

Jimmy Fallon participates in the Chicago Polar Plunge 2014 into Lake Michigan on Sunday in Chicago.

The Tonight Show host agreed to make the "plunge" with Mayor Rahm Emanuel as a condition for the mayor appearing on Fallon's show in New York, following an exchange of tweets and

challenges.

The annual event draws several thousand hearty plungers to raise money for Special Olympics Chicago.

Emanuel said last summer that if the city's children read 2 million books as part of a Chicago Public Library program called Rahm's Readers, he'd jump in the lake. When it appeared that they had met the goal, Emanuel had to do it.

THE ASSOCIATED PRESS

Challenge prompted by Chicago mayor

When Emanuel heard that Fallon wanted him to appear on the late-night show that he took over in February from longtime host Jay Leno, the mayor called the comedian and challenged him to join in the plunge.

Fallon joked on his show Wednesday that he agreed to make the plunge before

realizing what the plunge actually entailed.

He called it a "nightmare" but said he was a "man of my words."

He said Emanuel told him he had to "toughen up" before Emanuel would appear on his show.

The comedian's followers egged him to do it with a #JimmyPlungeWithUs campaign on Twitter.

THE ASSOCIATED PRESS

Clickbait
DYLAN ROBERTSON
Metro Online

Scoping out a new hairstyle? Maybe you're travelling soon and don't want to risk any salon miscommunications. Here are some apps that use a face photo to let you try on different hairstyles.

ModiFace Hairstyles:

This app allows women to try out 85 different styles in 20 colours, with photos of popular celebrity looks. (free, iOS)

Hair Salon:

This similar app lets women try out a variety of hairstyles. (free, Android)

Men's Hairstyles:

See your handsome mug in 240 different styles, including facial hair. Probably the quickest way to try out a Santa beard or a crew cut. (\$0.99, iOS)



CONTRIBUTED

Twitter

@metropicks asked: A fire dept is mad b/c a porn site took over their expired URL. What site would you take over and why?

@icubedca: We would take over <http://www.cra-arc.gc.ca> because we really admire their income.

@speirs: I would take over MetroNews.ca, and then perhaps start a newspaper. (Psst. I lack imagination.)

@late2game: Snagged actionlondon.ca which was an astroturfing front for the development industry during the 2010 muni election.



Comments

RE: Man Wakes Up In Body Bag At Funeral Home, published Feb. 28

You would think before putting someone in a fricking body bag, you would ensure that they were actually dead. Whoever signed off on this guy's death should be fired and have their licence revoked.

Grrrrrrrr posted to metronews.ca

maybe he dropped in for a cold one **CrazySnail posted to metronews.ca**

how many times has this happened and NOT been caught?

BUBBLE WHACK posted to metronews.ca

Follow @metropicks

WE WANT TO HEAR FROM YOU:

Send us your comments: edmontonletters@metronews.ca



Alfonso Cuarón accepts the award for best director of the year for *Gravity* during the Oscars at the Dolby Theatre on Sunday in Los Angeles. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS

Only best picture escapes the mighty pull of Gravity

And the Oscar goes to ... Many categories were considered a foregone conclusion, so all eyes were left on best picture and supporting actress

 **NED EHRBAR**
Metro World News in Hollywood

While *Gravity* pulled off a near-sweep at the Academy Awards, it was the gripping historical drama *12 Years a Slave* that took the top prize, with Steve McQueen's harrowing retelling of the trials of Solomon Northup winning the Oscar

for best picture Sunday night in Hollywood. Despite losing out to *12 Years a Slave*, Alfonso Cuarón's technological marvel was the clear leader, dominating the show with wins for directing, cinematography and editing, among others. David O. Russell's *American Hustle*, by contrast, was completely shut out.

With many of the main categories considered a foregone conclusion after a lengthy awards season that pushed freshly minted Oscar winners Matthew McConaughey, Jared Leto and Cate Blanchett to the front of the pack, all eyes were on the few remaining categories left up in the air, including best supporting actress. In that race, Lupita Nyong'o (*12 Years*

a Slave) bested closest rival Jennifer Lawrence (*American Hustle*), earning an Oscar for her first film role. "It doesn't escape me for one minute that so much joy in my life is because of so much pain in someone else's," Nyong'o said in an tear-filled, emotional acceptance speech. "When I look down at this golden statue, may it remind me and every little child that no matter where you're from your dreams are valid."

As for Leto, the first-time nominee kicked off the night with an expected win for his portrayal of transgender AIDS patient Rayon in *Dallas Buyers Club*. Leto honoured his mother while accepting his award. "Thank you for teaching me to dream," he told her from

the stage. "To all the dreamers out there watching around the world in places like the Ukraine and Venezuela, I want to say that we are here. ... We're thinking of you tonight."

Host Ellen DeGeneres, returning to the job after leading the show in 2007, took the torch from Seth MacFarlane and promised a ceremony with less song-and-dance and less controversy. She kicked off the show in a sparkly blue tuxedo and a joke about the inclement weather in Los Angeles last week. "We're fine," she assured the audience. She also attempted to reassure the nominees that it wasn't about the competition. "Who are we kidding? It's the Hunger Games," she soon admitted.

Online



Visit metronews.ca for more Oscar coverage and a full list of winners.

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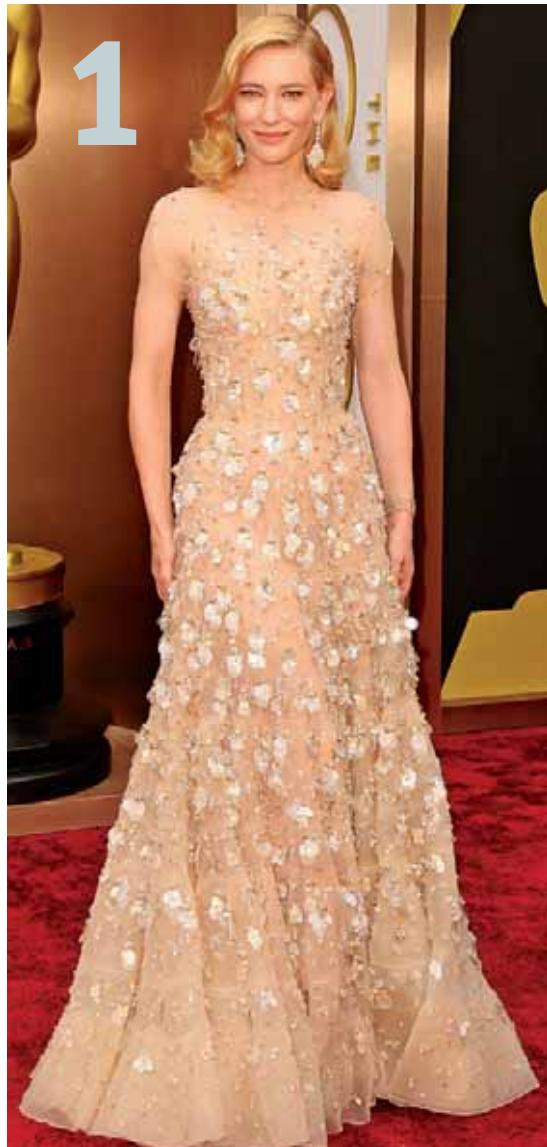
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2
SCENE

John MacKay, former editor of *Fashion* magazine and pop culture reporter, gives us his picks for Oscar's best-dressed list — and who missed the mark



1



2



3



5

1 **Most anticipated dress — that didn't disappoint:** Cate Blanchett in Armani — plus loyalty to an old friend.

2 **Chicest Couple:** Olivia Wilde and Jason Sudeikis, she in black Valentino, he in a midnight blue Prada tuxedo. Good taste, good looks and a pregnancy to boot!

3 **A host outshines the stars:** Ryan Seacrest, hosting E's red carpet coverage wearing an off-white Burberry dinner jacket (he calls it "custard cream") rather than the usual black.

4 **Best red on red:** Jennifer Lawrence on the red carpet in red Christian Dior. Keeping with her Oscar tradition, Lawrence tripped, but recovered the only way this woman knows how: with a laugh.

5 **The one exception:** In a rare misstep, newly blonde Julia Roberts is sadly, surprisingly, dowdy.



4

Ebooks



ENTERTAINMENT

By: Getty Images

Kindle/iBooks



MIND THE APP

Kris Abel

@RealKrisAbel
scene@metronews.ca

Proof that a digital book can hold more photos than paper, this retrospective from Getty Images is a wealth of zoomable slide shows and interactive panoramas that place you at sporting events, concerts, and red carpet galas. Video reports revisit the year's scandals and conflicts while archives and obituaries travel through lives of influence. Every page preserves an extraordinary second.

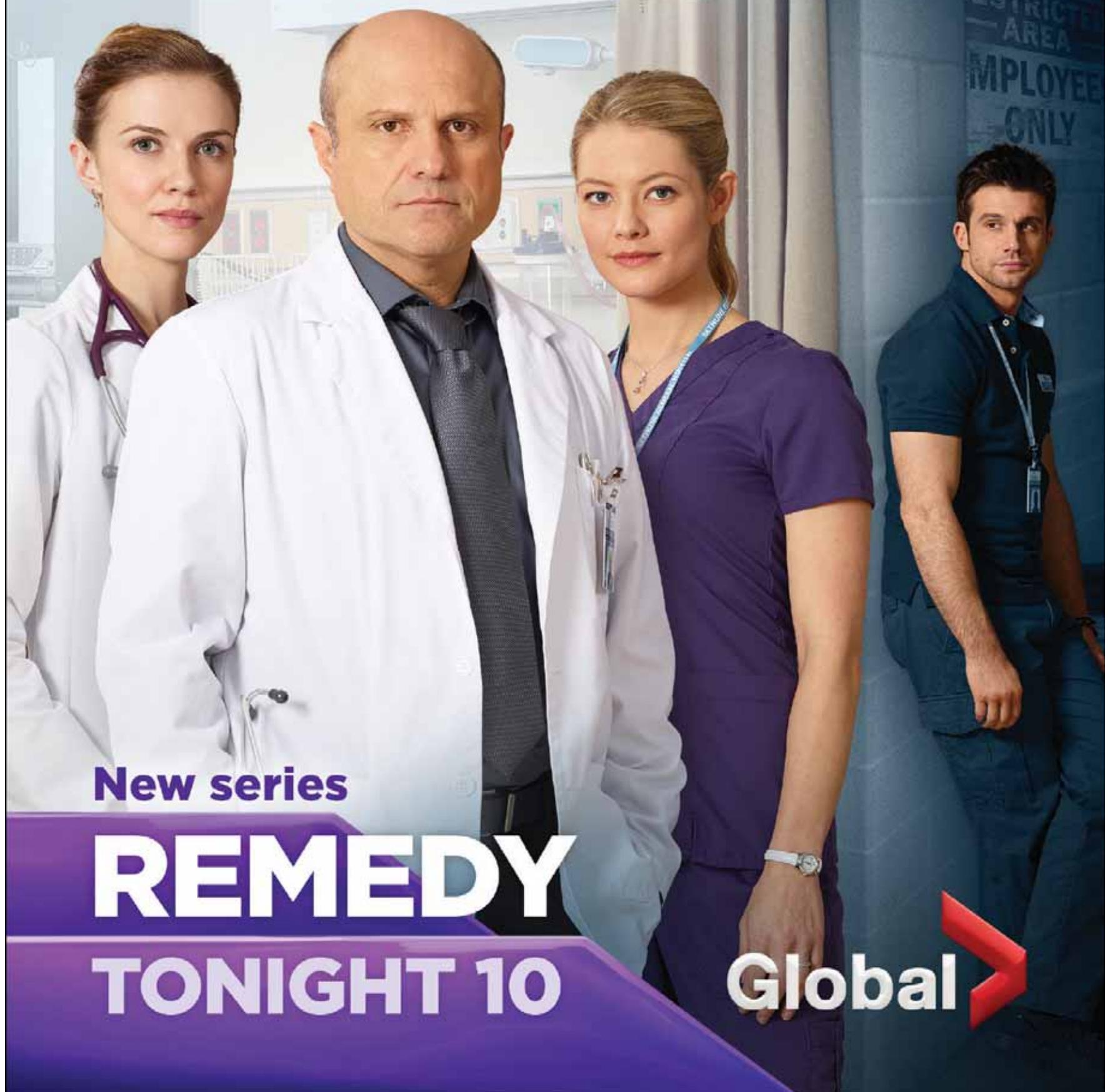
Razzies

Forget the best, who's the worst in Hollywood?

Has Adam Sandler's dubious dominance of the Razzies come to an end? While Sandler has earned plenty of dubious honours from the Golden Raspberry Award Foundation — "celebrating" the worst in cinema each year on the night before the Oscars — he went home empty-handed despite his *Grown Ups 2* being nominated for nine Razzies. Instead, the top honour went to star-studded sketch-comedy omnibus *Movie 43*, which won worst director for its 13 directors and worst screenplay for its 19 credited writers. Sandler himself was unseated by Jaden Smith, dubbed worst actor for his work alongside dad Will Smith — and worst supporting actor winner — in the sci-fi flop *After Earth*. The father-son duo also earned a trophy for worst screen combo. And Johnny Depp's disappointing *The Lone Ranger* was named worst remake, rip-off or sequel, making it the only Oscar-nominated film (for best makeup) to win a Razzie this year.

NED EHRBAR/MWN

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Celebrating 30 years of rocking out

This is Spinal Tap.

Michael McKean reflects on the legacy of the cult hit and his latest gig on Broadway performing opposite Bryan Cranston

When mock rock-doc *This Is Spinal Tap* landed in theatres 30 years ago on March 2, the comedy about a band of thick-witted British metal heads didn't appear destined to be a hit, admits co-star Michael McKean, who played vapidly narcissistic singer David St. Hubbins.

"When it opened it wasn't successful, and it wasn't until home video really made it a famous movie, which was a few years later," said McKean, 66, now co-starring on Broadway as FBI chief J. Edgar Hoover opposite *Breaking Bad* star Bryan Cranston's Lyndon Johnson in the political drama *All the Way*.

"It's become one of the top-ranking, top-selling, top-viewed older comedies," said McKean of *Spinal Tap*, which is a pop culture mainstay with memorable quotes, including guitarist Nigel Tufnel's (Christopher Guest) brag that his amp powers up all the way "to 11."

"It doesn't seem like that long ago, but then again, it certainly does," McKean said of the three-decade anniversary of the comedy he co-wrote with



This is Spinal Tap developed a cult following after it was released on home video. CONTRIBUTED

Quoted

"When it opened it wasn't successful, and it wasn't until home video really made it a famous movie, which was a few years later...."

Michael McKean on the sleeper success of *This is Spinal Tap*

There's a chance the three main band members of *Spinal Tap* will

the film's director, Rob Reiner, and co-stars Harry Shearer (who plays bassist Derek Smalls) and Guest.

"I'm not necessarily one for commemorating things that are secondary. Making the film is a lot more primary in my mind than when it opened," said McKean.

squeeze into their spandex for a tour in October, said McKean,

although the details are still being worked out.

"It's a matter of convenience and we all have these very disparate lives;

we have dispersed," said McKean of a possibility of hitting the road again.

"Harry is in New Orleans and London and I'm in New York a lot and Chris lives in L.A. but also Idaho.

"We all have these professions that keep pulling us around."

He, Guest and Shearer toured five years ago with a series of low-key concerts (including a Toronto stop) on the Unwigged and Unplugged Tour, appearing as themselves to play *Spinal Tap* hits, as well as songs from Guest's 2003 folk parody, *A Mighty Wind*.

McKean, who first drew attention on

TV's *Laverne & Shirley* as Leonard Kosnowski, one half of the dimwit duo Lenny and Squiggy, joined the cast of *Saturday Night Live* before going on to work with *Guest* in big-screen send-ups *Best in Show*, *A Mighty Wind* and *For Your Consideration*, working with comedy gold like Catherine O'Hara, Eugene Levy, Jennifer Coolidge, Fred Willard and Jane Lynch.

McKean is playing a far more serious role in *All the Way*, a return to Broadway after roles in *The Homecoming* and *Gore Vidal's The Best Man*.

"I've played humourless people before but it's usually to a humorous effect," said McKean of taking on the challenge of playing the secretive Hoover, who used his bureau power to threaten, intimidate, eavesdrop and spy.

Robert Schenkkan's play *All the Way* follows LBJ from President John Kennedy's 1963 assassination to Johnson's 1964 presidential election. It's a huge role for Cranston, who is on-stage for almost the entire play. It's also his Broadway debut.

"I tried to stay on story with Hoover, who thought he was saving the world from communism, although he was doing it with duplicity and lying about people's past," said McKean, adding the play covers "a remarkable time in history" in chronicling Johnson's determination to pass the Civil Rights Act into law.

The play also stars Brandon J. Dirden as Martin Luther King Jr. "I don't do a lot of the heavy lifting in this show," said McKean.

"Bryan's part is about the size of (King) Lear, and Brandon as Martin Luther King, his part is nearly as big. Me, I just come in and louse everything up."

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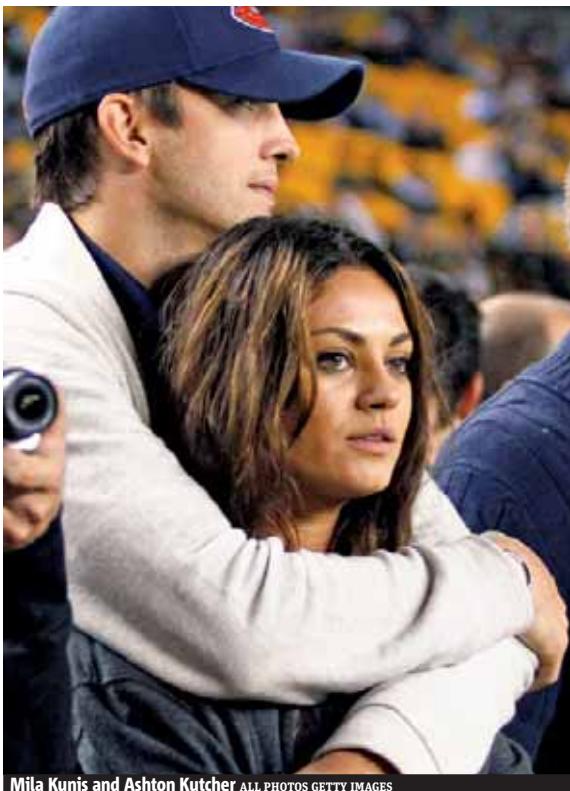


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Mila Kunis and Ashton Kutcher ALL PHOTOS GETTY IMAGES

Who would have thought? Jackie and Kelso are finally getting hitched

Of all the romantic pairings in '90s Hollywood that might foretell romantic destiny, Jackie and Kelso from *That '70s Show* were never at the top of anyone's list. However, it turns out they've stood the test of time: Mila Kunis and Ashton Kutcher are engaged. Kunis was spotted shopping sporting a large diamond ring on the big deal finger. Sources have since confirmed to E! Online that she and Kutcher are engaged.

Though they've known each other since 1998, when both were cast on *That '70s Show*, Kunis and Kutcher only began dating in 2012. There

are probably any number of reasons for that, not least of which is that when the show began its eight-season run Mila Kunis was only 14 years old, having vaguely misled producers about her age.

However, since he played her love interest, Ashton Kutcher was her first kiss on the show and in real life. And now they're getting married. Somebody make a movie about them. You could probably cover the decade or so in between when she dated Macaulay Culkin and he was married to Demi Moore in a tasteful montage or something, though.

Alec Baldwin announces that he's leaving public life for the following reasons: 1) He's too sensitive to deal with the haters. 2) Everyone in the world doesn't think and behave the way he wants them to think and behave. 3) Too many head lice.

Paula Deen declared that she's "back in the saddle." She added, "On a white horse, of course."

VH1 announces production of a new reality series

Pop goes the week

Crowe, Crowe, Crowe your boat gently toward the Pope...

 **STARGAZING**
Malene Arpe
scene@metronews.ca

Russell Crowe has been tweeting the Pope, inviting him to come watch Russell's new movie *Noah*. The Pope finally tweets back, "Already know that story, Gladi8r-boy. But really looking forward to *Guardians of the Galaxy* #rocketraccoon."

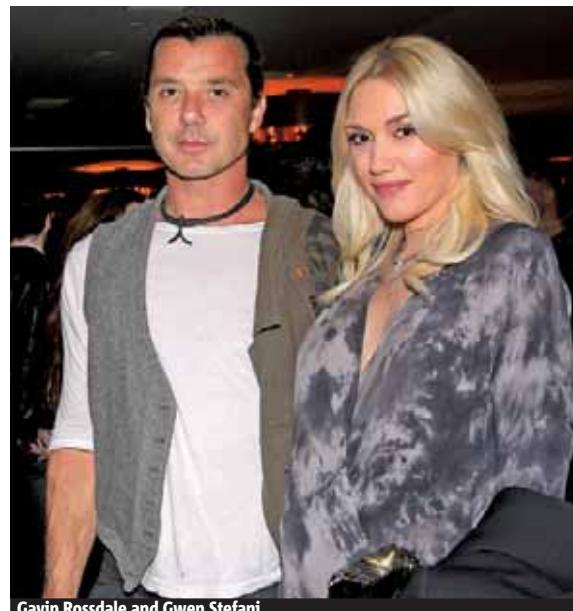
An expert says that the recent proliferation of selfies is leading to a worrying increase in head lice. See, that's why I don't ever put my head next to someone else and take a picture, not because I don't have any friends.



called Naked Dating. It's for those who find *The Bachelor* "too damn snooty."

Skeet Ulrich will be playing two roles, a zombie and the zombie's priest brother, on an NBC show called *Babylon Fields*. But only because the sitcom *Slow Dancing*, which was about a werewolf family fighting childhood obesity in space, didn't work out.

David O. Russell says he made Jennifer Lawrence cry by spoiling the ending of *Anna Karenina* for her while she was reading it. Way to go throwing Jennifer under the train for being a crybaby.



Gwen and Gavin announce their Apollo landing

Gwen Stefani and husband Gavin Rossdale welcomed their third son on Friday. "Welcome Apollo Bowie Flynn Rossdale," the Bush front man and proud father announced via Twitter, ex-

plaining that Bowie and Flynn are he and Stefani's mother's maiden names. Stefani and Rossdale, who have been married for 11 years, are also parents to sons Kingston, 7, and Zuma, 5.

Twitter



@AlbertBrooks

Rumor has it Dennis Rodman is on his way to Ukraine



@Louis_Tomlinson

Dear Mr and Mrs Stone, I'm deeply saddened by your complaint to Chelsea High School regarding our lyrics. I hope the two of you 'get some' very soon



@LoganLerman

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Use plastic to build credit history

A credit card can be your friend. Establish credit-worthy record just by paying off card in full every month



GAIL
VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

People are under the impression that I hate credit cards. Nothing could be further from the truth. I actually use my credit card for most of my purchases. What I hate is the idea of paying interest. I NEVER buy anything for which I do not already have the money set aside, so the balance is paid off in full every month.

Not having a credit card often means not having a credit history: The file that shows how you are at managing credit. This is something we usually associate with older, widowed women who have been cared for by loving, controlling spouses. But not having a credit history isn't the domain of slightly out-of-touch women; there are men out there who haven't got a clue because their wives do everything. And it isn't the exclusive territory of our elders; there are young professionals who haven't bothered to establish their own credit identities.

Everyone needs to have the ability to borrow money. Regardless of how you use credit, to get it you need to have a history to prove you can use



Used wisely, a credit card offers a no-cost way to build your credit file. iSTOCK

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With a credit card, you can build a credit record without it costing you a cent.

it responsibly. And the fastest, cheapest and easiest way to establish a credit history is with a credit card.

If you have no credit history at all — or you've destroyed your credit history and need to rebuild from scratch — you'll need to have sufficient assets to secure your first foray into credit. Most people overlook credit cards as an option because they don't realize a credit card can be secured.

With a secured credit card, you put up cash to cover your balance. Lenders often want twice the credit card limit, so

if you want a \$500 credit limit you'll have to ante up \$1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

Secured or unsecured, a credit card can be the cheapest way to build your credit file. In the old days, you had to take a loan, which you then repaid to establish yourself. All the while the interest clock was ticking. So you were "buying" your credit history. With a credit

card, you can build a credit record without it costing you a cent. That's because credit cards let you use the issuer's money for a specific period of time interest free. And as long as you repay the outstanding balance in full every month, you can continue to use that credit at no cost. What a deal!

There are three kinds of credit cards: Travel and entertainment cards (like American Express, Diners Club) which don't have preset spending limits but which must be repaid in full each month. Company or retail store cards that are accepted by the issuing company and usually charge the most outrageous rates. And bank issued credit cards that let you "revolve" credit by paying a portion of your balance each month.

Banks do all kinds of things to get you to sign up for their cards. One of the most effective tools they have are teaser rates: Those low interest rates offered as an enticement for you to sign up for the card that last for a specific period of time. And only for as long as you pay on time. Pay attention to the terms and the expiry period, and make your payments well before the due date so you don't get caught when that low introductory rate skyrockets.

The type of credit consumer you are should dictate the type of card you have. If you find yourself carrying a balance, while you work on getting your balance paid off, search for a card with the lowest rate and transfer your balance to that new card. If you pay off your balance every month, you can go with a card that has higher interest — who cares, you're not paying interest anyway — that also offers features like frequent flier miles, cash back, or special insurance options. Just make sure the payoff is worth the price of the annual fee if there is one.

Credit cards can be invaluable when it comes to establishing a credit history. Get one, charge everything, pay it off — all off — every month, and in no time flat you'll have a credit history that will earn you preferential rates when next you need to borrow money for something important.

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Tax Talk



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Caroline Battista
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H&R BLOCK

Q

I am working part-time while going to college. I didn't earn very much last year. Do I need to file?

A

Absolutely. I would encourage any college or university student to file. Even if you earned no income, once you turn 19 you may be eligible for the GST/HST benefit. You have to file to receive it but it will be worth it when a little extra money arrives every three months. You must claim your tuition and education credits each year even if you can't use them. You may not benefit from the credits right now, but once you are working and paying tax, the carry forward credits mean a nice tax break. Or you can transfer up to \$5,000 in credits to your parents, grandparents or spouse.

Q

Can you claim hospital parking fees as a medical expense?

A

It depends. If you have to travel 80km or more, you can claim mileage, and parking as well as accommodations and meals for you and an attendant. But if the hospital is closer to home, the parking fees can't be claimed as a medical expense.

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The science of survival: Near-tragedy leads teen to help find gene mutation

Fight back with facts.

After battling a rare liver cancer, NYC high-school student applies her computer science skills to analyzing tumours

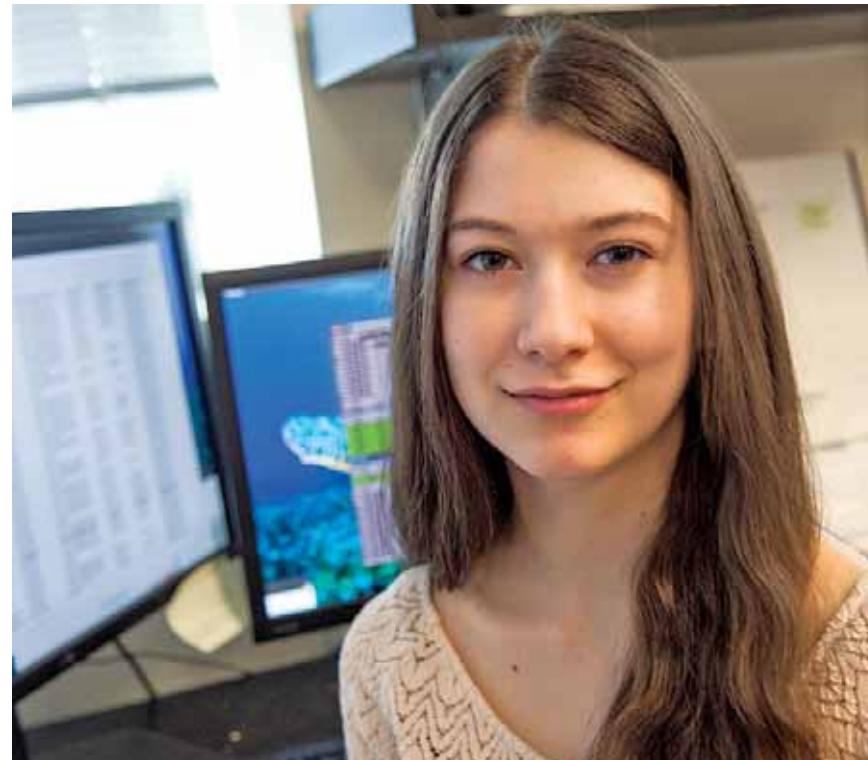
First the teenager survived a rare cancer. Then she wanted to study it, spurring a study that helped scientists find a weird gene flaw that might play a role in how the tumour strikes.

Age 18 is quite young to be listed as an author of a study in the prestigious journal *Science*. But the industrious high school student's efforts are bringing new attention to this mysterious disease.

"It's crazy that I've been able to do this," said Elana Simon of New York City, describing her idea to study the extremely rare form of liver cancer that mostly hits adolescents and young adults.

Making that idea work required a lot of help from real scientists: Her father, who runs a cellular biophysics lab at the Rockefeller University; her surgeon at Memorial Sloan Kettering Cancer Center; and gene specialists at the New York Genome Center.

A second survivor of this cancer, who the journal said didn't want to be identified, also co-authored the study.



Elana Simon, a teen survivor of a rare liver cancer, spearheaded a study that led a team of researchers to find a gene flaw involved with the disease. She plans to study computer science at Harvard next fall. ZACH VEILLEUX / THE ASSOCIATED PRESS

Together, the team reported Thursday that they uncovered an oddity: A break in genetic material that left the "head" of one gene fused to the "body" of another.

That results in an abnormal protein that forms inside the tumours but not in normal liver tissue, suggesting it might fuel cancer growth, the researchers wrote. They've

found the evidence in all 15 of the tumours tested so far.

It's a small study, and more research is needed to see what this gene flaw really does, cautioned Dr. Sanford

tions in a laboratory studying another type of cancer.

Simon wondered, why not try the same approach with the liver cancer she'd survived?

The hurdle: Finding enough tumours to test. Only about 200 people a year worldwide are diagnosed, according to the Fibromellar Cancer Foundation, which helped fund the new study. There was no registry that kept tissue samples after surgery.

But Simon's pediatric cancer surgeon, Sloan-Kettering's Dr. Michael LaQuaglia, agreed to help, and Simon spread the word to patient groups. Finally, samples trickled in, and Sanford Simon said his daughter was back on the computer helping to analyze what was different in the tumour cells.

At the collaborating New York Genome Center, which genetically mapped the samples, co-author Nicolas Robine said a program called Fusion-Catcher ultimately zeroed in on the weird mutation.

Sanford Simon said other researchers then conducted laboratory experiments to show the abnormal protein really is active inside tumour cells. He calls it "an exciting time for kids to go into science," because there's so much they can research via computer. **THE ASSOCIATED PRESS**

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The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When taking on a new project we define our own benchmark of success. After unexpectedly winning the 2010 Atacama Crossing in the team category, I returned to the Sahara Race to try to repeat. Our success would be defined by one



The wisdom gained from a dash of defeat can be as golden as the medal itself. iSTOCK

word: winning. As things would unfold, however, we placed second and I would need to reframe the experience to another positive outcome.

On Day 1 we trailed the Spaniards, Day 2 we led, and by Day 4 we lagged behind the Italians by 35 minutes.

On Day 5, the race consisted of a double marathon (90 kilometres), a distance long enough to make up the time. Our plan was to attack at the 55-kilometre mark.

At that point, we repeatedly attacked and ran inches from each other without speaking for what seemed

like an eternity, ultimately concluding the Italians weren't going to break. We conceded the overall race and agreed to finish the double marathon together, and the race shifted from adversarial to full-on collaboration, helping each other reach the finish line.

No longer competing for the win, we openly shared all our race tactics as well as our training secrets. I had been training with a mask-based hypoxic system where the barometric pressure is kept the same but the oxygen content is reduced, replicating 4,000 metres

Dream team

"We conceded the overall race and agreed to finish the double marathon together, and the race shifted from adversarial to full-on collaboration, helping each other reach the finish line."

of altitude along with its known medical benefits. Meanwhile, the Italians detailed how they trained on the beach running with their eyes closed, to be at one with the sand.

Fast forward to last week: I signed up to run another desert.

Sure enough I found myself running on the beach-front with my eyes closed.

It reconnected me to the fact that the most painful moment of my Sahara experience was also a learning moment that wasn't lost on me.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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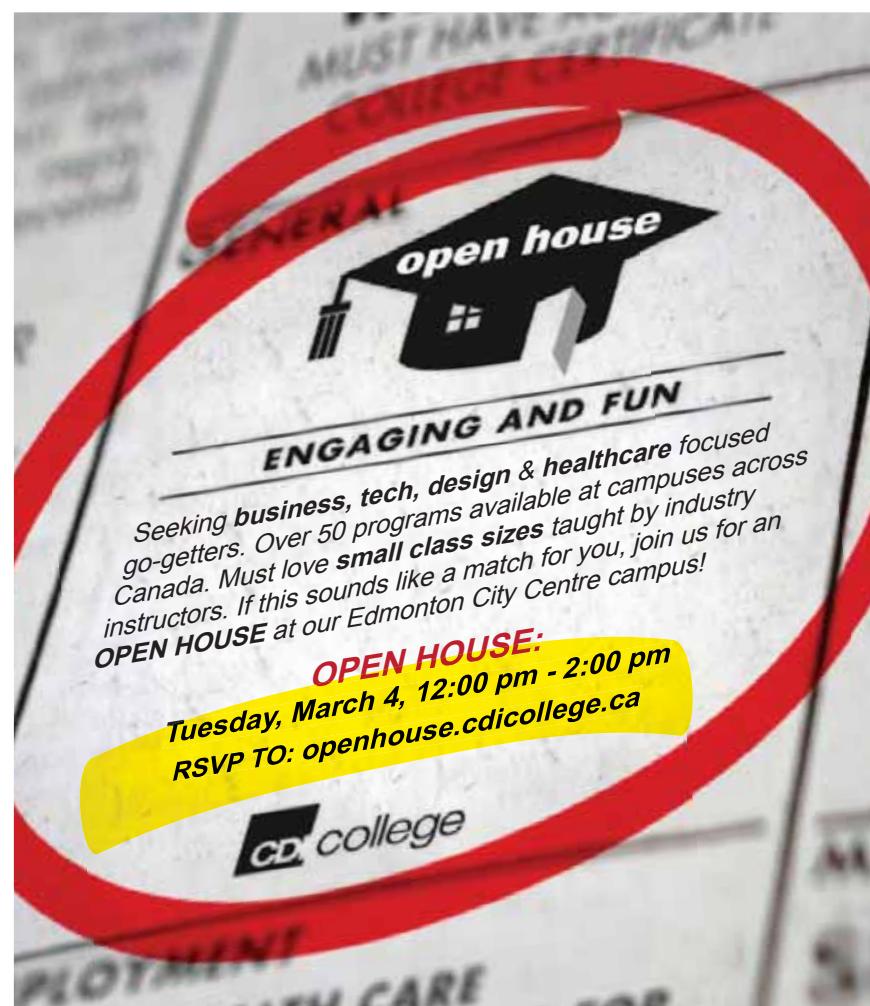
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HEALTHCARE BUSINESS TECHNOLOGY LEGAL ACCOUNTING



Raise a glass to the new ladies of libation

It's about wine. Female vineyard workers show cutting edge skills as they make debut in Napa pruning contest

Every year for the last 12 years the vineyard workers of the Napa Valley have gathered in

the soft light of a mid-winter morning, shears at the ready, game faces on, each eager to prove he's the best man on the job.

But this year, there was something a little different about the Napa Valley Grape-growers' pruning competition. Some of the contestants lining up to hack and slash at the overgrown vines were women.

"There's been this perennial conversation about, 'Do we include women in the competition?' And the answer's always been, 'Not yet,'" explained Jennifer Putnam, executive director of the group. "This year we looked around the room and just thought, 'Yes, it's time.'"

And it was.

Not only did the newcomers to the event compete hard,

posting excellent scores in technique and quality, organizers announced some hours after the event that the women's first-place winner, Celia Perez of V. Sattui Winery, had the highest scores for both men and women.

Talk about a dazzling debut.

The decision to open up the contest to women marks a change in what used to be



Maria Romero competes in the first-ever women's division of the annual Napa Valley Grapegrowers' pruning competition at Beringer Vineyards' Gamble Ranch in Yountville, Calif. ERIC RISBERG / THE ASSOCIATED PRESS

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the nearly exclusively man's world of vineyard work. There are a lot more women to be seen working in the fields, something that accelerated after the 2008 recession swallowed up other jobs.

Meanwhile, the idea of vineyard equality has become accepted as women have progressed, some becoming leaders of "A" crews, the much-sought after top harvest teams. "The cultural shift has now taken place where we felt like the women would be comfortable enough coming to the competition," said Putnam.

Pruning is an important part of vine husbandry that focuses the new growth on vines and helps determine what the next harvest will look like. Dif-

Falling in vine

"This year we looked around the room and just thought, 'Yes, it's time.'"

Jennifer Putnam
Executive director of Napa Valley
Grapegrowers

ferent techniques are used for different grapes and climates, and skill is as important as speed. For the growers' contest, workers are first judged on technique, then winners are ranked by time and the finalists battle it out for first through fourth place.

On the line are cash, tools, clothing — and pride.

THE ASSOCIATED PRESS



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Turkey burgers are a healthier choice than beef and taste delicious. Feel free to use ground chicken as well.

Consider that 4 ounces of ground beef contains 250 calories, 17 gm of fat and 7 gm of saturated fat. Ground turkey contains only 128 calories, 7 gm of fat and 2 gm of saturated fat for 4 oz.

That's a significant difference to your diet.

You also have a choice of white or dark ground turkey. The dark turkey has slightly more calories and fat but is still lower than beef. Often a combination of both white and dark turkey make a delicious and moist burger.

Turkey is an excellent source of lean protein and contains the amino acid tryptophan, a building block of the brain compound serotonin, which induces better sleep and calmness, something we all need!

The Asian flavors go well with turkey. You can find these ethnic ingredients in the Asian section of supermarkets.

The slaw is prepackaged and found in the lettuce section of your grocery store. Feel free to make your own slaw, by grating some white, red or green cabbage, carrots and broccoli.

No need for a bun, but feel free to serve over a whole grain roll with sliced tomato and an



The recipe for Asian Turkey Burgers with Slaw Topping recipe makes 4 servings. ROSE REISMAN

extra dollop of hoisin sauce.

You can make these burgers ahead of time, uncooked and freeze for later use.

Directions

1. Burgers: Mix all ingredients until combined and make four patties.

2. Grill patties in a skillet sprayed with vegetable

oil for 5 minutes per side or until temperature reaches 165 F.

3. While cooking burgers, combine slaw topping. Serve over

Ingredients

Burgers

- ½ cup finely diced onion
- 1 lb ground turkey
- ¼ cup panko Japanese crumbs or unseasoned bread crumbs
- 3 tbsp hoisin sauce
- 1 ½ tsp minced ginger
- 1 tsp minced garlic
- 2 tsp soy sauce
- 1 tsp hot sauce (sriracha)
- 1 tsp sesame oil
- 3 tbsp chopped cilantro

Slaw topping

- 2 ½ cup packed coleslaw
- 1 tbsp hoisin sauce
- 1 tsp minced ginger
- 1 tsp sesame oil
- ½ tsp hot sauce
- 2 tbsp chopped cilantro
- 1 tsp sesame seeds

burgers. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Soup shooters pack sweet potato with Thai punch



Thai Sweet Potato Soup recipe makes 12 (4 ounce) servings. ROSE REISMAN

Shot glass soups are very popular for a starter before dinner or for an appetizer at a party.

Sweet potatoes and light coconut milk make a creamy and rich tasting Thai-flavored soup without the calories and fat.

You can substitute butternut squash for the sweet potato.

Directions

1. Lightly coat a large nonstick pot with cooking spray. Add the oil and set over medium heat. Sauté the onion, garlic and ginger in the pot for 5 minutes or until the onions are just softened.
2. Add the lemon grass, sweet potatoes, stock, chili sauce and salt. Bring to a boil, then reduce the heat to low. Cover and sim-

mer for about 15 minutes or until the potatoes are tender.

3. Purée the soup in a blender or food processor in batches. Return the soup to the saucepan and add the coconut milk and honey. Heat through. Serve the soup in shot glasses and garnish with cilantro and nuts.

Cooking time: 20 minutes
THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Thai Sweet Potato Soup

- 2 tsp vegetable oil
- 1 cup diced onion
- 2 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 2 tbsp finely minced lemon grass or 1 tsp grated lemon zest
- 6 cups diced peeled sweet potatoes
- 3 cups low-sodium chicken stock
- 1 ½ tsp hot chili sauce (sriracha)

Garnish

- ¼ cup chopped fresh cilantro or basil
- 3 tbsp finely chopped pistachio nuts

For serving

12 (4 oz) shot glasses

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Now you Ceci me! Sens win under dome

NHL. Ottawa rallies from early two-goal deficit for win in outdoor-turned-indoor Heritage Classic

Senators rookie Cody Ceci is trying to help his team by helping his own cause.

Ceci's second-period goal stood up as the winner as the Ottawa Senators downed the Vancouver Canucks 4-2 before a disappointed crowd of more than 50,000 people Sunday in the NHL Heritage Classic.

"It means a lot," said Ceci, a 20-year-old Ottawa native. "These are points that we need right now going down the stretch, and it means a lot to me. I'm just trying to earn my spot here."

The Senators (27-23-11) posted their first win in three games and kept pace in the race for the eighth and final playoff berth in the Eastern Conference. The Canucks (28-25-10) suffered their ninth loss in 10 games and remained on the bubble in their quest for eighth in the Western Conference.

Ceci put the Senators ahead 3-2 midway through the second. The defenceman moved up, took a pass from Jason Spezza, and fired home a shot from the right wing on a 3-on-2 rush.

He helped the Sens make a classic comeback as they produced four unanswered goals after trailing 2-0 in the first five minutes. The score was tied 2-2 after the first period before Ceci decided the outcome.



Canucks defenceman Kevin Bieksa tries to bat the puck past Senators goalie Craig Anderson during the Heritage Classic game in Vancouver on Sunday. JONATHAN HAYWARD/THE CANADIAN PRESS

Clarke MacArthur, Erik Karlsson and Colin Greening, into an empty net with 1:33 left in the game, also scored for Ottawa.

Jason Garrison and Zack Kassian scored for the Canucks before Ottawa goaltender Craig Anderson shut them out the rest of the game.

The Canucks lost winger Daniel Sedin in the second period after he took an elbow to the head from Ottawa defenceman Marc Methot. A woozy Sedin was helped by two trainers from the bench on a long way to the dressing room. No penalty was called on the play.

The game was designed as a tribute to the 1915 Stanley Cup final series between the eventual-champion Vancouver Millionaires and Ottawa Senators.

THE CANADIAN PRESS

Heritage Classic

4

Senators

2

Canucks

- The NHL's outdoor series was forced to go indoors as the BC Place Stadium roof was closed due to rain.

- The weather teased Vancouver and Ottawa players who had hoped the roof would remain open. Although Vancouver received a light snowfall overnight, a morning drizzle forced the closure



Vancouver's BC Place Stadium's roof was closed on Sunday. DARRYL DYCK/THE CANADIAN PRESS

of the stadium's retractable dome.

NHL

Water just fine for Sharks in Jersey

Matt Nieto scored the go-ahead goal at 6:20 of the third period and Alex Stalock made 21 saves and the San Jose Sharks defeated the New Jersey Devils 4-2 on Sunday.

Logan Couture and Raffi Torres also scored and U.S. Olympian Joe Pavelski had the primary assists on the tying and winning goals as the Sharks won for the fifth time in six games.

Patrick Marleau iced the game with a breakaway goal with 2:25 to play, his 25th of the season.

Adam Henrique and Patrik Elias scored for the Devils, who had a two-game, post-Olympic break winning streak snapped. Cory Schneider had 18 saves for New Jersey.

THE ASSOCIATED PRESS

NHL

Rask up to task to beat Rangers

Tuukka Rask made 19 saves in a one-sided first period, and defenceman Dougie Hamilton had a goal and two assists to lift the Boston Bruins to a 6-3 victory over the Rangers on Sunday night and their first season-sweep of New York in 31 years.

Rask was at his best early and finished with 39 saves. He out-duelled New York netminder Henrik Lundqvist, who stopped 27 shots on his 32nd birthday but lost for the second straight day. The Bruins are 9-2-3 in their last 14 games.

THE ASSOCIATED PRESS

Stoughton good enough to start perfect



Team Manitoba's Jeff Stoughton is 3-0 at the Brier in Kamloops, B.C.
ANDREW VAUGHAN/THE CANADIAN PRESS

Two-time world champion Jeff Stoughton needed an extra end to grind out a 7-6 win over the Northwest-Yukon Territories Sunday afternoon at the Canadian men's curling championship in Kamloops, B.C.

It might not have been pretty but, with a loss for John Morris and his B.C. squad, Stoughton and Manitoba claimed sole possession of first place as the only unbeaten squad at the Canadian men's curling championship with three straight wins.

"A little surprised we're the

only ones," Stoughton said, starting to add they were lucky to win before checking himself.

"We hung in there and battled and made a couple of shots finally in 9, 10 and 11 and got the W," he said instead. "We know we can play a heck of a lot better than that ... we were just missing too many draws heavy today and finally got it together late in the game.... If we're a little off, as we've been, we're squeaking by."

Stoughton was set to play winless New Brunswick Sunday night.

Morris and his B.C. rink fell 7-4 to Quebec's Jean-Michel Menard after Menard jumped into an early lead with a four in the first end, thanks to a packed four-foot that Morris couldn't clear.

"Four was like a blessing from heaven," said the Quebec skip, adding that they thought they might end up with two or maybe three.

"If we can play like we played the first three games, we've got a sniff at making the playoffs," added the 2006 Brier champion. THE CANADIAN PRESS

Sabres in shambles after Miller traded

NHL. Pat LaFontaine pushes eject button as Buffalo's woes worsen

Sabres forward Drew Stafford has witnessed plenty of turmoil during his eight seasons in Buffalo.

Following Stafford's rookie season in 2007, the Sabres lost co-captains Chris Drury and Danny Briere to free agency. Last year, long-time coach Lindy Ruff was fired.

What occurred during a 24-hour stretch this weekend has become the topper, leaving Stafford shaking his head in disbelief after returning to practice Sunday.

"I thought I had seen it all," Stafford said. "But, I guess, there's always room for more surprises. And this one's definitely a shocker."

On Friday, Stafford had difficulty keeping his emotions in check after star goalie Ryan Miller was traded to St. Louis. A day later, he was blindsided upon learning of Pat LaFontaine's abrupt resignation as president of hockey operations.

As if the Sabres (18-34-8)

needed any more distractions during a season in which upheaval and dysfunction have been common threads for the NHL's last-place team.

At 2-13-1, Buffalo got off to its worst start in team history. Leading scorer Thomas Vanek was traded to the Islanders in October. The Sabres opened 0-8-1 at home, before enjoying their first win on Nov. 12. Three days later, general manager Darcy Regier and coach Ron Rolston were fired.

Miller, getting dealt along with captain Steve Ott, were widely anticipated moves because both were in the final years of their contracts. LaFontaine's departure was a surprise, coming a little more than three months after his arrival.

His departure marks the latest setback for a franchise that has had difficulty establishing a winning course in the three years since Pegula bought the team and vowed to build an immediate contender.

The Sabres are in jeopardy of missing the playoffs for a third straight season, and in the midst of a rebuilding plan that began with the purge of numerous high-priced veterans last year. **THE ASSOCIATED PRESS**

Fading to Black in Buffalo

Sabres president Ted Black said he was disappointed by LaFontaine's surprise resignation but failed to provide many details on why he left.

• **Big Apple bound.** Black maintains LaFontaine quit his post because he wanted to resume his

previous role working with the NHL.

- **Front-office feud.** The Sabres president denied speculation that tensions between LaFontaine, front office staff and owner Terry Pegula were the real reason for his departure.

Former Sabres goalie Ryan Miller collects his thoughts as he reflects on his years with Buffalo's NHL hockey club. **GARY WIEPERT/THE ASSOCIATED PRESS**



Harvick charges to NASCAR win



Kevin Harvick had a nice send-off with Richard Childress Racing, winning his penultimate race with the team at Phoenix International Raceway.

Back at Phoenix four months later, he stamped his arrival at Stewart-Haas Racing by winning the second race with his new team — doing it on the same weekend he celebrated his 13th wedding anniversary, no less.

Yeah, Harvick kind of likes it in the desert.

Disappointed at the Daytona 500 after a last-lap crash,

Harvick bounced back quickly by charging to the front and dominating the rest of the way Sunday to win consecutive races at PIR with different teams.

Harvick won the fall race after Carl Edwards ran out of fuel at the white flag.

He needed no help Sunday.

Harvick had the fastest car in practice and kept it rolling in the race, charging to the front after starting 13th and pretty much staying there.

He led 224 of 312 laps on the odd-shaped mile oval

and pulled away on several late restarts for his fifth NASCAR Sprint Cup victory at PIR, passing Jimmie Johnson for the most at the track. Daytona 500 winner Dale Earnhardt Jr. finished second, pole sitter Brad Keselowski was third and Penske Racing teammate Joey Logano fourth.

Jeff Gordon rounded out the top five on a warm and partly cloudy day after downpours wiped out the final 32 laps of Saturday's Nationwide race, won by Kyle Busch.

THE ASSOCIATED PRESS

MLB. Bronx Bombers live up to moniker against division rival Blue Jays

Carlos Beltran homered for his first hit this spring, leading the New York Yankees past the Toronto Blue Jays 8-2 on Sunday.

Jose Bautista hit his second homer in exhibition play for the Blue Jays.

Beltran's solo home run came in the third off reliever Todd Redmond and landed far over the right-field fence. It capped a four-run inning that included a two-run homer by Eduardo Nunez.

Beltran signed a three-year, \$45-million contract with the Yankees in the off-season. He batted .296 with 24 homers and 84 RBIs with the St. Louis Cardinals last year.

"You want to see guys swinging the bat well, obviously, but it's really important at the end," Yankees manager Joe Girardi said.

"It doesn't really matter



sometimes. You can be swinging the bat horrible at the end of spring training and get off to a hot start and vice versa. But it's always nice to see."

THE ASSOCIATED PRESS

PGA. Henley emerges from four-man playoff to claim Honda Classic title

Russell Henley made good on his second chance at the 18th hole Sunday and won the Honda Classic in a four-man playoff.

The closing hour was a series of blunders at PGA National, particularly by Rory McIlroy, who lost a two-shot lead by closing with a 74.

Henley was in position to win in regulation until he chunked a wedge and had to scramble for par on the par-5 18th. In the playoff, he was the only player to reach the green in two and two-putted for birdie and the win.

Tiger bows out

13

Tiger Woods withdrew after 13 holes Sunday, citing a lower-back injury. Woods was 5-over par for the final round — 12 shots behind leader Rory McIlroy at the time.

Russell Knox, Ryan Palmer and McIlroy all made par in the playoff.

Henley, who closed with a 72, won for the second time and qualified for the Masters.

THE ASSOCIATED PRESS

NBA

DeRozan outduels Warriors' Curry

DeMar DeRozan scored 32 points to lead the Toronto Raptors past the Golden State Warriors 104-98 on Sunday afternoon.

Kyle Lowry added 13 points and eight assists for Toronto (33-26).

DeRozan won the efficiency battle against Golden State's Stephen Curry. While Curry finished with 34 points on 13-for-27 shooting, DeRozan shot 10-for-16 from the floor and 11-for-12 from the line.

THE CANADIAN PRESS

NFL

Bills' contract talks with Byrd stuck in standstill

Contract talks between the Bills and safety Jairus Byrd were at a standstill on Sunday, a day before Buffalo faces a deadline to apply the franchise tag on the three-time Pro Bowl selection.

One familiar with the situation told The Associated Press the Bills made a multi-year offer to Byrd that would have paid him about \$30 million over the contract's first three seasons.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

The Sun links with power planet Pluto today, so it's unlikely you will be in the mood to stay home and bake cookies. There is a world out there and you have the talent to be Number One.

♉ Taurus

April 21 - May 21

If you take a risk over the next 24 hours it will more than likely pay off. No matter how powerful your rivals may be you have what they do not — staying power and no fear.

♊ Gemini

May 22 - June 21

No matter what you turn your hand to over the next few days it will work out better than you expected. You are going to accomplish something special indeed.

♋ Cancer

June 22 - July 23

Never doubt that you have what it takes to succeed. Never doubt that you belong at the top with the best. Today's Sun-Pluto link will inspire you to believe all things are possible.

♌ Leo

July 24 - Aug. 23

The week ahead will be busy in the extreme but you're ready for the challenges that will come your way — in fact you're eager for them. Don't wait for others to take the lead, take it yourself.

♍ Virgo

Aug. 24 - Sept. 23

You may have to get tough with someone who has let you down but make sure you don't let your anger take over because if you go too far you will lose your credibility.

♎ Libra

Sept. 24 - Oct. 23

You won't stop impressing people with your ideas, both at home and at work others will look up to you as the one person they can trust to see things as they really are.

♏ Scorpio

Oct. 24 - Nov. 22

How much confidence do you have in your abilities? Hopefully it's a lot because with the Sun linked to your ruler Pluto there are going to be some big changes coming.

♐ Sagittarius

Nov. 23 - Dec. 21

Some things are more difficult than others but this will be one of those days when everything comes easy to you. With the Sun linked to Pluto, planet of power, there is nothing you cannot do.

♑ Capricorn

Dec. 22 - Jan. 20

Don't let your suspicious nature get the better of you today because there is little you have to worry about. Pluto in your sign means others should be more afraid of you than you of them.

♒ Aquarius

Jan. 21 - Feb. 19

Remember today that even an Aquarius has limits. It may feel as if you can take on the world and win but there may be a downside if you come on strong when you don't have to.

♓ Pisces

Feb. 20 - March 20

The world will see your passionate side today and even your friends will be amazed at your determination. Those who thought you were all talk are about to be proved wrong. **SALLY BROMPTON**

Weather

TODAY

TUESDAY

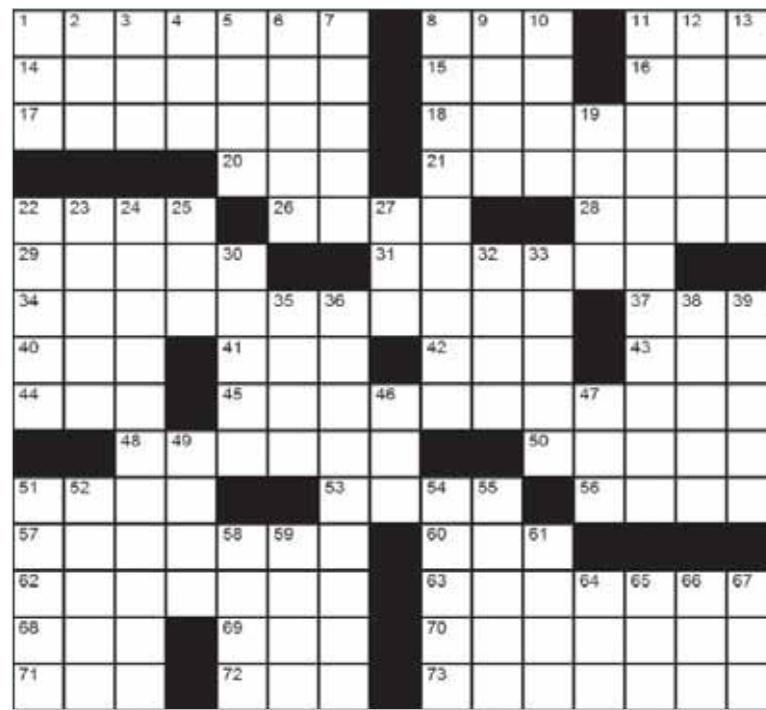
WEDNESDAY

MAX: -19°
MIN: -34°MAX: -13°
MIN: -22°MAX: -12°
MIN: -18°MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



Crossword: Canada Across and Down



Across

- Pharaoh's pride
- Nancy Grace's station
- Canada's dance music channel
- Escape legend
- Storm's centre
- Can. neighbour
- Spring Training locale for the Toronto Blue Jays
- Gobbled down the food
- 'Senor' suffix
- ____ protester (Fashion show attendee, at times)
- Sovereign's staff
- Ex-love of Britney's ex-love Kevin
- Built
- Jim Croce's "____ Name"
- Hertz pickup
- Canadian correspondent on "The Daily Show with Jon Stewart": 2 wds.
- Against [abbr.]
- Sun lotion number
- Never: German
- 'Carot' completer
- Scot's 'own'
- Royal officer, for short
- Great alum of "American Idol": 2 wds.
- Yellow-green hue
- Deliver the summons
- Mr. Garfunkel,

cute-style
53. Look for
56. Australian greeting!
57. Make mention of:
2 wds.
60. Jewellery sparkler
62. Canadian artist
Mr. MacDonald
(b.1901 - d.1989)
63. Indigo CEO,

Heather
68. Tic-Tac-Toe win
69. Fitting
70. Closed-off area
71. Brit. word/refer-
ence work
72. __-di-dah
73. Riot spray: 2 wds.

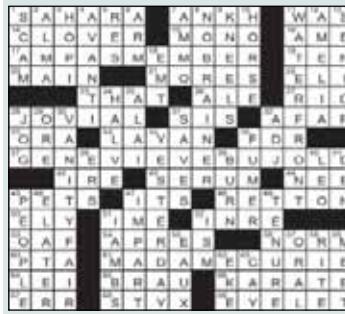
Down

- High degree

- too!?"
- Bleed
- 'Block' suffix
- Skirt length
- Monogram com-
ponents, for short
- Showbiz personal-
ity Ms. Shore
- 1962 Crystals hit:
3 wds.
- Ms. Redgrave

- Organized
- Old West sight:
2 wds.
- Pretension person
- Mother, in
Madrid
- Terza (Italian
verse form)
- Grammy-winning
artist, __ Elliott
- Awestruck

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Mashed potatoes, as an example: 2 wds.
- Greek letter
- The Altar constellation
- Ms. Paquin's
- "99 Luftballons" by
- Overbims
- Clothes-washing brand
- What many Canadians do at Spring Break: 2 wds.
- PEI's motto, __ sub Ingenti
- Rocker Mr. Wentz, fun-style
- Lil' Abner character, Daisy
- Say "Pretty, please!"
- Glaring glancer
- Spelled-out "Star Wars" (1977) character, __-Detroo
- Use a garden shed tool once more
- Type of heron
- Carolyn __ (Name behind 'Nancy Drew' stories)
- Tangible
- Bark-made cloth
- Isinglass
- 35mm camera variety, briefly
- Maclean's, e.g.
- Marilu's role on '90s comedy "Evening Shade"
- Belonging to maha's li'l state

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STK#13T0175



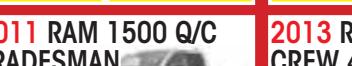
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Mike Tabler



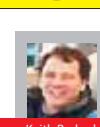
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